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July 2013



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We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, 🗖 that among these are Life, Liberty and the pursuit of Happiness. USA

GIVE ME Liberty, Thirteen colonies STARS one union of states STARS

Oh, say does that star-spangled banner yet wave EST. O'er the land of the free and the home of the brave?







My country tis of thee. sweet land of liberty

I only regret that I have but one life to give

for my country

JUSTICE FOR ALL

Democracy is the government of the people, by the people, for the people

Where liberty dwells, there is my country

We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this

Constitution for the United States of America.

Happy

grain For purple mountain 🏋 majesties Above the fruited plain! NOTHING SHORT OF

O beautiful for spacious

skies, for amber waves of

IT APPEARS TO ME. CAN POSSIBLY DO

Ask not what your country can do for you,

United States of America



9 have not yet Oh, say can you see by the dawn's early light 4 JULY 2011 What so proudly we hailed at the twilight's last gleaming? Let every nation know, whether it wishes us well or ill,

FREEDOM we shall pay any price, bear any burden, meet any hardship

🖈 support any friend, oppose any foe, to assure the survival and success of liberty

SHE'S A GRAND OLD FLAG, Independence SHE'S A HIGH FLYING FLAG, Star Spangled Banner AND FOREVER IN PEACE MAY

MFC News is published by the Mississippi July 2013

Forestry Commission.

The Mississippi Forestry Commission pro-

The Mississippi Forestry Commission provides equal employment opportunities and services to all individuals regardless of disability, race, age, religion, color, gender, national origin, or political affiliation.

This institution is an equal opportunity provider



- Casey Jones, the famous railroad engineer, died in a crash at Vaughan, Mississippi, while trying to make up for lost time.
- The Mississippi State Capitol has been the seat of the state's government since 1903. The building was located on the site of the old state penitentiary and was designed by Theodore Link, an architect from St. Louis, Missouri. Construction cost more than \$1 million, which was funded by back taxes from a settlement with the Illinois Central Railroad.

Newsletter Deadlines

All submissions are welcome. Photographs are encouraged (although space limitations may curtail inclusion). Items must be received by the III of the month to be included in the next month's issue. E-mail submissions (in Microsoft Word) and photos

to *Iharris@mfc.state.ms.us*

or mail to:
Lisa A. Harris
Mississippi Forestry Commission
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Jackson, MS 39202

Independence Day

Independence Day, commonly known as the Fourth of July, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.

During the American Revolution, the legal separation of the Thirteen Colonies from Great Britain occurred on July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States independent from Great Britain. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision,

which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the wording of the Declaration, finally approving it on July 4.

FUN FACTS!!!

- 2.5 million. In July 1776, the estimated number of people living in the newly independent nation.
- 313.9 million. The nation's estimated population on this July Fourth.
- **56.** Numbers of signers to the Declaration of Independence.
- 31. Number of places nationwide with "liberty" in their name. The most populous one is Liberty, Missouri (29,149). Iowa has more of these places than any other state: four (Libertyville, New Liberty, North Liberty and West Liberty).
- 150 Million. Hot dogs will be consumed on July 4th. That's roughly one dog for every two people in the US.
- **211 million.** Dollars spent on fireworks every year.
- 74 million. People who will have an Independence Day cookout.

Other Facts!!!

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- John Hancock, President of the Second Continental Congress, was the first signer. This merchant by trade did so in an entirely blank space making it the largest and most famous signature hence the term John Hancock, which is still used today as a synonym for signature.
- Benjamin Franklin wanted the turkey to be the national animal but was outvoted when John Adams and Thomas Jefferson chose the bald eagle.
- The song "Yankee Doodle" was sung originally by British officers making fun of backwoods Americans.
- The 50-star flag design we use today was originally created by an Ohio high school student as part of a class project. He received a "B-minus."
- "The Star-Spangled Banner" was actually a poem Francis Key Scott wrote the poem after the War of 1812. Only later were his words put to music, and then in 1931, the song became our national anthem.

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Reporting For Duty

Posted by Brenda Kendrix, Pacific Southwest Region, U.S. Forest Service

Goats Grazing for Fuel Reduction on the Cleveland National Forest.

Recently, 1,400 goats reported for duty with the U.S. Forest Service. Their mission: Lend their appetites to the removal of fuels buildup on the Cleveland National Forest.

help defend the communities from wildfires originating on forest land and those that originate on private lands and spread onto the forest," said Pal-Friedlander. "To clear a fuel break normally means lots of human power and machinery, including chainsaws, hand tools and safely burning piles of brush."

The forest considers the

etation, particularly chamise, a type of evergreen shrub found in California and Northern Mexico. The shrub tends to sprout up quickly after omar District Ranger Joan being cut, so the test is to see if the goats might be a more economical way to combat that rapid regrowth.

> Several elements were used to keep the goats on task. Six border collies served as herding dogs



The goats were a part of a 100-acre forest-thinning project that begin in late April to clear a 300-foot community fuel break area between the San Vicente/Barona Mesa communities and the forest.

"This community fuel break was designed to goat grazing project an experiment in determining the best avenue to maintain the fuel break and prevent fire hazard in San Diego County said Friedlander.

The goats were specifically tasked to reduce and slow the regrowth of vegand two Anatolian guard dogs were used to protect the goats from coyotes, mountain lions and people.

The initial project was completed in May. Goatpowered fuels reduction cost between \$400-\$500 (Continued on page 5)

July's **Birthdays**

Gus Dear -1 John Moore -1 George Chapman -2 Tammy Spitchley -2 Marsha Whitehead -2 Charles Browning -3 Roy James -3 Jerald Shelvy -4 Russell Bozeman -7 John Cason -7 John Polk -7 David Ferguson -8 Patrick Williams -8 William Harvey -9 Donald Pryor -9 Mark Mann -10 Ronnie Clayton -11 Anthony McMullan -11 John Dixon -12 Christopher Stevenson -13 James Buchanan -14 Bradford Joiner -14 Barbara Riddle -14 William Whigham -14 Anita Wilson -14 Tanner Windham -14 Walter Graves -17 Michael Stephens -17 Douglas Vandevander -18 Brandie Allred -19 Jason Juneau -19 James Shumpert -21 Timothy Ashley -23 Russell Swords -24 Donald Dauphin -25 William Kitchings -26 Michael Lee -26





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Personnel Personals



- Tanner Windham, Forest Ranger, Smith County, SCD
- Stephen Green, Forester, Montgomery, NWD
- Justin Gentry, Forester Trainee, Winston County, ECD
- Jennifer LeBlanc, Forester Trainee, Panola County, NWD
- Zachary Stewart, Forestry Technician, Warren County, CD
- Forester Trainee, Leake County, ECD



Moving On

- Aaron Rambin, Forester, Jones County, SCD
- Ted Ratcliff, District Forester, ECD

July 2013



My leaves are oddpinnately compound, opposite and deciduous. The range in size from 8.0" to 12.0" long with 7 to 11 leaflets that are 2.0" to 5.0" long and 1.0" to 2.0" wide. They have a serrate margin, a acuminate apex and a wedgeshaped to rounded base. They are yellowish green above and green below. Their surface is glabrous above with hairy tufts on midrib and veins.

My twigs are stout and red-brown when young and turning gray as they age. Their surface is glabrous with scattered lenticles with a unique conspicuous 4-angled internode that is somewhat winged which gives them a square appearance.

My buds are very small in diameter. They are ovoid shaped and reddish brown in color.

My fruit is rounded wing samara that encased the flattened seed. They range in size from 1.0" to 2.0" long. They are ob-

Tree Knowledge - Who Am I?

long in shape and a golden tan in color.

My flower is monoecious, perfect; naked, in loose panicles with short 2-lobed purplish pistil.

My bark is gray with flat scaly plates of varying sizes.

I form a single stem and reach a height of 70' to 100' at maturely. I have a moderate growth rate and life span. I an intolerant to shade, moderately tolerant to drought and fire.

I a found in rich, dry, limestone bottomlands and hills. I am less common on mountain slopes. I prefer a soil texture of fine to coarse with a soil pH of 6.8 to 7.2.

I am most common in the Ohio and Upper Mississippi Rive Valley but can be found scattered from Ontario south through southern Michigan to Iowa, Indiana, Kentucky, Kansas, Oklahoma, Missouri and Arkansas. In Mississippi I am found in Tishomingo, Lee, Lowndes, Oktibbeha and Noxubee Counties.

My only wildlife value is to attract birds.

I have some value in the timer manufacturing of flooring. But only in combination with other associate species since I am not widespread.

I am not readily commercially available but do have some landscaping value with my yellow fall color.

Sap from my inner bark was used by early settlers to produce a blue dye for cloth. When exposed to the open air, my sap turns blue.

Who Am I?

Tree Knowledge - Who Am I? for June 2013 was the Buckwheat Tree (Cliftonia monophyllia Britt.) Check out page 173 in the Mississippi Trees book.



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Declaration of Independence Pop Quiz

- 1. Who was the oldest signer of the declaration of Independence?
- 2. Who was the youngest signer of the Declaration of Independence?
- 3. How many of the signer were born in Great Britain?
- 4. Which two future Presidents signed the Declaration of Independence?
- 5. Who was the longest-lived (and last surviving) signatory of the Declaration of Independence?
- 6. How many men signed the Declaration of Independence?
- 7. How many of the signers were clergymen?

Answers on page 9.

(Continued from page 3 - Reporting For Duty)

per acre, nearly one-third of the cost of more labor-intensive methods of brush clearing. Project organizers also pointed out the tremendous amount of community support and interest the forest experienced due to this project.

In moving forward with this project, the forest established a plan to monitor both pre— and post-treatment plots so that the effectiveness could be evaluated over time and compared to traditional methods also used in this area.

"We will continue to evaluate other methods that will best meet our objectives of protecting and sustaining the forest and community," Friedlander said. "But the goats could prove to be a useful resource to have in our toolkit, particularly in areas where more conventional methods may not work as well."

No "kidding," these goats contributed to forest health merely by being hungry.



Try this out!!! What did you get when you scan it with your smartphone. If you need the app to scan this check out Microsoft Tag at http://getag.mobi.



The Overstory Newsletter from Mississippi State University Extension Forestry

Please find the full newsletter at this link.

Contact <u>Dr. Jason</u> <u>Gordon</u> with any questions or to schedule a program.

Holiday

4th of July

Thursday,
July 4th
and
Friday,
July 5, 2013

Did You Know?

- After 6 years of surveys, It appears that the Zestos Skipper and the Rockland Grass Skipper Butterfly are likely extinct.
- The Mountain Pine Beetle has ravaged 23 million acres of forests in the United States since 2000.
- Over the last decade, some populations of Whitebark Pines have declined by more than 90 percent.
- Fires have burned 3 percent of Amazon rainforest in just 12 years.
- The majority of all forest inventory plots in the Northeast and Midwestern U.S. contain at least one non-native plant species.



More and more people are making their homes in woodland settings in or near forests, rural areas, or remote mountain sites. There, homeowners enjoy the beauty of the environment but face the very real danger of wildfire.

Every year across our Nation, some homes survive - while many others do not - after a major wildfire. Those that survive almost always do so because their owners had prepared for the eventuality of fire, which is an inescapable force of nature in fire-prone wildland areas. Said in another way - if it's predictable, it's preventable!

Wildfires often begin unnoticed. These fires are usually triggered by lightning or accidents. They spread quickly, igniting brush, trees, and homes. Reduce your risk by preparing now - before wildfire strikes. Meet with your family to decide what to do and where to go if wildfires threaten your area. Follow the steps listed below to protect your family, home, and property.

Before A Wildfire

The following are things you can do to protect yourself, your family and your property in the event of a fire.

To begin preparing, you should build an emergency kit and make a family communications plan.

 Design and landscape your home with wildfire safety in

Mississippi Firewise

mind. Select materials and plants that can help contain fire • rather than fuel it.

- Use fire-resistant or noncombustible materials on the roof and exterior structure of the dwelling, or treat wood or combustible material used in roofs, siding, decking or trim with fire-retardant chemicals evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Plant fire-resistant shrubs and trees. For example, hardwood trees are less flammable than pine, evergreen, eucalyptus or fir trees.
- Regularly clean roof and gutters.
- Inspect chimneys at least twice a year. Clean them at least once a year. Keep the dampers in good working order. Equip chimneys and stovepipes with a spark arrester that meets the requirements of National Fire Protection Association Standard 211. (Contact your local fire department for exact specifications.)
- Use 1/8-inch mesh screen beneath porches, decks, floor areas, and the home itself. Also, screen openings to floors, roof and attic.
- Install a dual-sensor smoke alarm on each level of your home, especially near bedrooms; test monthly and change the batteries at least once each year.
- Teach each family member how to use a fire extinguisher (ABC type) and show them where it's

kept.

- Keep handy household items that can be used as fire tools: a rake, axe, handsaw or chain saw, bucket and shovel.
- Keep a ladder that will reach the roof.
- Consider installing protective shutters or heavy fire-resistant drapes.
- Clear items that will burn from around the house, including wood piles, lawn furniture, barbecue grills, tarp coverings, etc. Move them outside of your defensible space.

To find tips on what to do during and after a wildfire event, <u>click</u> here.

More Information

For more information on Firewise in Mississippi, be sure to check out our Firewise pages at www.mfc.ms.gov.



Page 7 **July 2013**

Honoring Our Fallen



It is with a very heavy heart I write to inform you of the loss of a firefighter, a smoke jumper, and one of our Forest Service family. Luke Sheehy, a 28year-old firefighter from Susanville, Calif., died Monday afternoon (June 10, 2013) as a result of injuries received on a wildfire on the Modoc National Forest in northeast California. Luke, a member of the California Smokejumpers based out of Redding, was struck by a dead tree on the Saddle Back Fire in the South Warner Wilderness about 15 miles southeast of Alturas, Calif. The incident occurred just before 5 p.m. Efforts to resuscitate him were not successful. He was flown by helicopter to a hospital in Alturas where he was pronounced dead. Our hearts go out to the family and friends of this brave young smokejumper who lost his life yesterday working with his team to control a blaze on the Modoc National Forest. We are launching a full review into the cause of his death to learn everything we can to prevent future tragedies like this.

Chief Tom Tidwell

2012 Firefighter Fatality Statistics

EMMITSBURG, Md. -

The U.S. Fire Administration (USFA) announced today (January 7, 2013) a provisional total of 83 on -duty firefighter fatalities in the United States as a result of incidents that occurred in 2012, the same number of firefighter losses as in 2011.

View the provisional report »

The 83 fatalities were spread across 34 states. Pennsylvania and North Carolina experienced the highest number of fatalities with nine firefighter deaths each. New York had six firefighter deaths, including the most recent tragic shooting deaths of two firefighters firefighter deaths during 2012 was in Webster. California and Texas, each with five firefighter deaths, were the only other states with five or more firefighter fatalities in These 2012 firefighter fatality sta-

2012.

Heart attacks or stroke were responsible for the deaths of 41 firefighters (49%) in 2012. This single year total is a near average proportion of firefighter deaths from heart attack or stroke over recent years. This nature of fatal injury has remained relatively constant, while others, on average, have been reduced during the past decade.

Eleven on-duty firefighters died in association with wildland fires, the same as 2011 and 2010.

The single cause of injury seeing more than a four-fold increase in vehicle collisions (including aircraft), with 18 deaths.

tistics are provisional and will likely change somewhat as the USFA contacts state fire marshals to verify the names of firefighters reported to have died on duty during 2012. The final number of firefighter fatalities will be reported in USFA's annual firefighter fatality report, expected to be available by July.

For additional information on firefighter fatalities, including the annual fatality reports from 1986 through 2011 and the Firefighter Fatality Retrospective Study 1990-2000, please visit the USFA website.

For more information, visit the U. S. Fire Administration website at http://apps.usfa.fema.gov/ firefighter-fatalities/.

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News From MFA

PLT is 25 in Mississippi! 2012 Progress Report for Mis-

This year marks the 25th full year that PLT has been offered with a total of 692 educators in Mississippi. The 25-year report indicates there have been 715 different sites for 979 workshops with a total of 18,581 participants, with a potential of reaching 4,208,250 students!

sissippi PLT - 31 PLT workshop locations for 39 workshops trained.

For more information about MS Project Learning Tree, please contact Mr. Harold Anderson.





SFI, Inc. is Revising **Standards**

Sustainable Forestry Initiative Inc.® (SFI®) has launched the process of revising its current standard to develop the SFI 2015-2019 Standard, reaching out to more than 10,000 stakeholders for input. Currently 240 million acres (100 million hectares) are third-party certified to the SFI 2010-2014 Standard on public and private lands.

The SFI Standard is developed through an open and inclusive process involving the many different people who know and care about our forests including public and private landowners, forest sector representatives, indigenous communities, conservation groups, industry, academia and government officials," said Kathy Abusow, SFI President & CEO. "This same diverse group of stakeholders represents the users of the SFI Standard who have achieved third-party certification to the SFI Standard on 240 million acres of forestland."

The transparent process of revising the SFI Program is overseen by the SFI Board of Directors and the SFI Resources Committee. Both the board and the Resources Committee have 18-members with equal representation from the environmental, social and economic sectors. Representatives include leaders of environmental, conservation, professional and academic groups, independent professional loggers, family forest owners, public officials, community and indigenous groups, and the forest products industry.

SFI's External Review Panel, an independent panel drawn from academia, state and federal agencies and conservation organizations ensures the development and revision of the SFI Standard embodies an open, fair and inclusive process that addresses all comments submitted. All comments and how

they are addressed are publicly posted on the SFI website throughout the standard revision process.

The standard development process includes two 60-day public comment periods with the first beginning and running from June 5 through August 6, 2013. During this period, respondents suggest improvements to the current 2010-2014 SFI Standard program requirements. The second public comment period begins in January 2014 to solicit comments on a working draft of proposed SFI 2015-2019 program requirements.

The process includes 10 public Standards Development workshops across the U.S. and Canada and a facilitated webinar workshop to accommodate those stakeholders that cannot make any of the regional workshops.

Every five years, SFI Inc. completes a review of its program requirements and supporting documents consistent with international pro-

(Continued on page 9)

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(Continued from page 8 - SFI, Inc. is Revising Standards)

tocols for forest certification. SFI requirements for forest management, fiber sourcing, chain-of-custody and certified sourcing all require independent third-party audits by accredited certification bodies. This marks the fourth public review of the SFI forest management certification standard.

Independent third-party audits are the cornerstone of certification to the SFI Standard. SFI Inc. does not certify organizations as conforming to these standards - that is done by independently accredited certifica-

tion bodies. All certification bodies are accredited by ANSI-ASQ National Accreditation Board (ANAB), Standards Council of Canada (SCC) and/or the American National Standards Institute (ANSI).

To learn more about the transparent process, go to: http://www.sfiprogram.org/sfistandard/introduction-to-the-standard/standard-review-pr...ocess/





Some Forestry Facts

- New data from the US Forest Service reports that there are now roughly 23 million "family" woodland owners (11 million properties) in the U.S. and 40% of these owners own more than 10 acres.
- Mississippi has almost 4,000 certified tree farms. In 2012 alone, MS gained over 200 NEW tree farms, far more than any other state in the nation
- A recent study revealed that 95% of people randomly surveyed not only immediately recognized Smokey Bear as the symbol of preventing wild fires, they could also complete his popular safety message if given the first two words, "Only You" ...

Answers To Declaration of Independence Pop Quiz: 1. Benjamin Franklin, age 70; 2. Edward Rutledege, age 26; 3. eight; 4. John Adams and Thomas Jefferson; 5. Charles Carroll III at age 95; 6. 56 signed in all; and 7. 2 were men of the cloth

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Fishing Rodeo

Saturday, June 8th, was Take a Kid Fishing Day at Neshoba Lake .

The event was a cooperative effort among Neshoba County 4-H, the Department of Wildlife, Fisheries and Parks and the GFWC-MFWC Futura Club.

The event was open to youth 15 and younger. Trophies were presented to those who caught the largest fish in various age divisions.

PS. 150 children were in attendance.







Photos by Bill Kitchings

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Future Chainsaw Instructors



From Ed Brown, Southern Region
Training Officer. This picture was taken at the May 14-16, 2013 Chainsaw
Instructors class. Each participant
was certified by US Forest Service
Chain Saw Instructors Jeff Myers &
Mark Tanner of the Bienville National Forest in Scott, Smith, Newton,
and Jasper Counties. As "Larry the
Cable Guy" would say; "
Let Safe Chain Saw Operations &
Timber Felling Begin!".

Photo by Meacham Harlow, Public Outreach Officer, Southern Region.

Thank You, Roy Bond

Submitted by Mike Gray, MFC

In March of 2012, Roy Bond and his son Daniel were heading to a baseball game in Lamar County. They came across a two vehicle accident. Roy noticed one of the cars had visible smoke and fire showing under the hood and in the passenger compartment. The female driving the burning vehicle was unable to get her door open and escape. Roy stopped his vehicle, went to help, and was able to get the door open, and pulled the door open and freed the woman from the burning vehicle. While assisting the woman to her freedom, and leading her to his own vehicle, he was on the phone with 911 requesting assistance. Fortunately, she suffered no burns but did have an injury to her stomach requiring hospital care.

I honestly believe without his quick thinking and heroic efforts, a precious life would have been lost. This speaks highly of the commitment the employees of the Mississippi Forestry Commission have for the preservation of lives and property.

While forestry is a way of life for many in this state and a large business managed by different people within, without the dedication of those in the field who risk their lives daily fighting fires to protect this valuable resource, and the property of others, a way of life for thousands would be greatly affected.

I am proud to be associated with these firefighters, and I believe they never receive the recognition they strongly deserve.

Sincerely, Mike Gray Telecommunicator SED

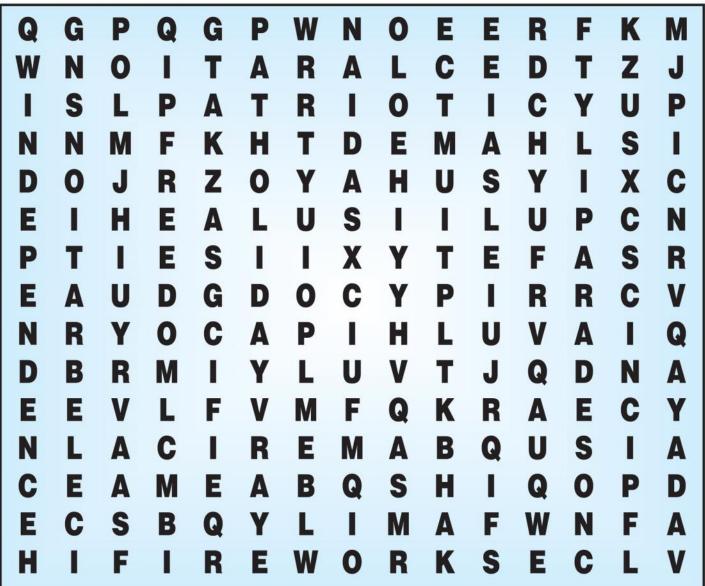


Roy Bond

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Celebrate a SAFE & HAPPY JULY 4TH!





See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

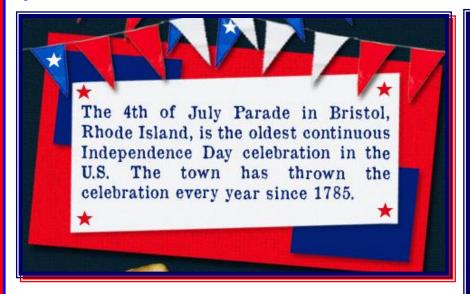
Created by Sue Lindlauf Grand Forks Herald 2012

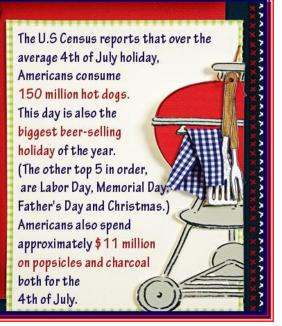
- 1. FOURTH
- 2. JULY
- 3. HOLIDAY
- 4. FLAG

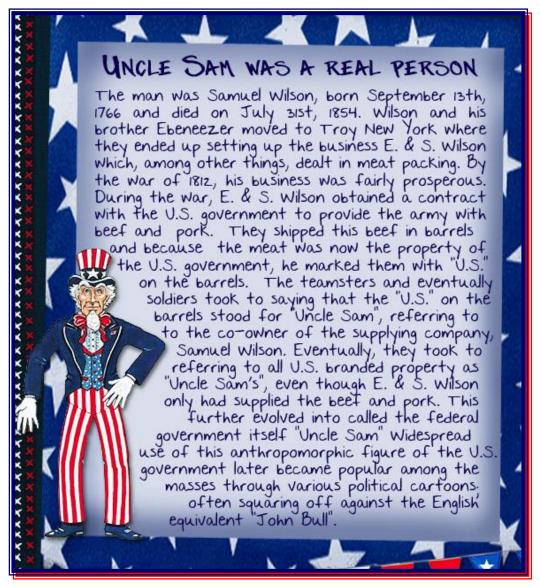
- 5. DAY
- 6. PICNICS
- 7. FIREWORKS
- 8. SAFETY

- 9. CELEBRATION
- 10. PARADES
- 11. FAMILY
- 12. DECLARATION
- 13. INDEPENDENCE
- 14. AMERICA
- 15. PATRIOTIC
- 16. FREEDOM

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4th of July





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Safety First ...

Skin Cancer

From the Centers for Disease Control and Prevention (CDC).

Skin cancer is the most common form of cancer in the United States. In the United States in 2009, 61,646 people were diagnosed with melanomas of the skin, and 9,199 people died from it.

Prevention

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow. Indoor tanning (using a tanning bed, booth, or sunlamp to get tan) exposes users to UV radiation.

The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure outdoors in the continental United States. UV rays from sunlight are the greatest during the late spring and early summer in North America.

CDC recommends easy options for protection from UV radiation—

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher, and both

UVA and UVB protection.

Avoid indoor tanning.

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside -- even when you're in the shade.

Clothing

Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hats

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

The sun's UV rays can damage your skin in as little as 15 minutes. Put on sunscreen before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back.

The United States Food and Drug Administration has announced significant changes to sunscreen product labels that will help consumers decide how to buy and use sunscreen and allow them to protect themselves and their families from sun-induced damage more effectively.

Avoid Indoor Tanning

Using a tanning bed, booth, or sunlamp to get tan is called "indoor tanning." Indoor tanning has been linked with skin cancers including melanoma (the deadliest type of skin cancer), squamous cell carcinoma, and cancers of the eye (ocular melanoma).

Protect yourself & your skin, don't be one of the million people who will have skin cancer this year.